

Shingles

Ruth, a 79-year-old woman, said her shingles caused so much pain she couldn't bear to put on her clothes or have the sheets touch her skin. Ruth was sick for several months. Her friend, Sarah, had it easier. Shingles made Sarah feel sick for a few days, and she had some discomfort. But she was back to her old self in a few weeks.

What is Shingles?

Shingles is a disease that effects nerves and causes pain and blisters in adults. It is caused by the same varicella-zoster virus (VZV) that causes chickenpox in children. After you recover from chickenpox, the virus does not leave your body, but continues to live in some nerve cells. For reasons that aren't totally understood, the virus can become active instead of remaining inactive. When it's activated in adults, it produces shingles.

Most adults live with the VZV virus in their body and never get shingles. About one in five people who have had chickenpox will get shingles later in life. With shingles, the blisters tend to be clustered in one specific area, rather than scattered all over the body like chickenpox.

When the activated virus travels along the path of a nerve to the surface of the skin, a rash will appear. It usually shows up as a band on one side of the face or body. The word "shingles" comes from the Latin word belt because that's often the shape of the rash. Having shingles doesn't mean that you have any other underlying disease such as cancer.

Who Is At Risk?

Anyone with the varicell-zoster virus in their body can be at risk for getting shingles. Right now there is no way of knowing who will get the disease. But, there are things that make you more likely to get shingles.

» Advanced age. The risk of getting shingles increases as you age. People have a hard time fighting off infections as they get older. The chance of getting shingles becomes much higher by age 70.

» Trouble fighting infections. Your immune system is the part of your body that fights off infections. Age can affect your immune system. So can an HIV infection, cancer, cancer drugs, radiation treatments, too much sun, or organ transplant. Even stress or a cold can weaken your immune system for a short time and put you at risk for shingles.

What Are the Symptoms of Shingles?

Most people have some of the following symptoms.

- * Burning, tingling, or numbness of the skin
- * Feeling sick — chills, fever, upset stomach, or headache
- * Fluid-filled blisters
- * Skin that is sensitive to touch
- * Mild itching to strong pain

Shingles follows a pattern. A few days after the tingling or burning feeling on the skin, a red rash will come out on your body, face, or neck. In a few days, the rash will turn into fluid-filled blisters. The blisters dry up and crust over within several days. The rash usually happens on one side of the body. Most cases of shingles last from 3 to 5 weeks.

You Should See A Doctor

George, age 67, had a red rash on his face and felt sick. His wife urged him to see a doctor, but he told her, "It's just a rash. I'll be all right in a few days." His wife insisted that he go to the doctor. The doctor told George that he had shingles and ordered some medicine for him.

It's important to go to your doctor no later than 3 days after the rash starts. The doctor needs to see the rash to confirm that you have shingles and make a treatment plan. Although there is no cure for shingles, early treatment with drugs that fight the virus can help the blisters dry up faster and prevent the severe pain. Shingles can often be treated at home. Patients with shingles rarely need to stay in a hospital.

Why Does the Pain Go On and On?

After the rash goes away, some people may be left with long lasting pain called post-herpetic neuralgia or PHN. The pain is felt in the same area where the rash had been. For some people, PHN is the longest lasting and worst part of shingles. The older you are when you get shingles, the greater your chance of developing PHN.

"I've had post-herpetic neuralgia for nine months," said Pete, an 80 year old man. "I can't find anything that helps with the pain."

The PHN pain can cause depression, anxiety, sleeplessness, and weight loss. Some people with PHN find it hard to go about their daily activities like dressing, cooking, and eating. Talk to your doctor if you have any of these problems. There are medicines that may help. Steroids may lessen the pain and shorten the time you're sick. Analgesics, antidepressants, and anticonvulsants may reduce the pain. Usually PHN will get better over time.

Prevent Shingles—A Vaccine

A vaccine that may keep you from getting shingles has been approved by the Food and Drug Administration. You should ask your doctor if the shingles vaccine is right for you. It is available for people age 60 and older.

What About Complications?

In some cases, the blisters caused by shingles can become infected. This may leave a scar. Your doctor can prescribe an antibiotic treatment. Keep the area clean and try not to scratch. There are other problems to watch for. Blisters near or in the eye can cause lasting eye damage or blindness. Also, hearing loss, a brief paralysis of the face, or in a small number of cases, swelling of the brain (encephalitis) can occur. If you have blisters on your face, it's important to see the doctor as soon as you notice a rash.

Can You Catch Shingles?

No, shingles is not a contagious disease. You can't catch shingles from someone who has it. But, you can catch chickenpox from someone with shingles. So, if you've never had chickenpox, try to stay away from anyone who has shingles.

Flo, a 77 year old woman says, "My daughter stayed away when I had shingles. She'd never had chickenpox and didn't want to risk catching it. Good thing my sister lived nearby and could help me during those first few weeks."

Will Shingles Return?

Most people get shingles only once. But it is possible to have it more than once.

What Can You Do?

If you have shingles, here are some things that may make you feel better:

- Make sure you get enough rest, avoid stress as much as you can, and eat well balanced meals.
- Simple exercises like stretching or walking can help. Check with your doctor first.
- Dip a washcloth in cool water and apply it to your blisters to ease the pain and help dry the blisters.

- Do things that take your mind off your pain. Watch TV, read interesting books, talk with friends, or work on a hobby you like.
- Try to relax. Stress can make the pain worse. Listen to music that helps you relax.
- Share your feelings about your pain with family and friends. Ask for their help.

East Carbon Activities

PRICE & EAST CARBON CENTER ACTIVITIES

On going daily activities subject to change without notice

Vincent Coffin ~ Genealogy Daily or as Seniors Pedigree Information Becomes Available

MON	TUES	WEDS	THURS	FRI
Blood Pressure 1st Monday 11:30a	Blood Pressure 3rd Tuesday 11:45a			<u>CLINICS</u>
Billiards 8a-3p Bingo/cards 1:30p	Billiards 8a-3p Cards 1p	Billiards 8a-3p Bingo 1:30p 4th Weds Movie at 1:15pm	Billiards 8a-3p Cards 1p	Billiards 8a-3p Shopping in Price leaving Center at 1:30p Kickback Friday's Whatever you choose 1:15p <u>ACTIVITIES</u>
Ceramic Class 10a	Crochet Class/ Embroidery/ Knitting 10a	Line Dancing 9:00am at Sunny- side City Hall	Crochet Class/ Embroidery/ Knitting 10a	Crochet Class/ Embroidery/ Knit- ting 10a <u>CLASSES</u>
	Exercise Class 11:30a			<u>EXERCISE</u>

Price Activities

MON	TUE	WED	THU	FRI
Blood Pressure 2nd & 4th Mon. at 10 am				<u>CLINICS</u>
Billiards: 8a-4p Game Room 8a-4p Shopping: Fresh Market 1p Wal-mart 2nd Monday	Billiards: 8a-4p Golf (seasonal) Game Room 8a-4p Movie 1p Quilting: 1:00pm – 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bingo 1p Quilting 10:00am - 3:00pm	Billiards: 8a-4p Game Room 8a-4p Shopping: Smiths 1p Quilting 1:00pm- 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bowling Country Lanes 1pm <u>ACTIVITIES</u>
Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am	Computer Lab: 8a-4p Ceramics: 10am Oil Painting 1p	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Organ Lessons 11:30a & 1p	Computer Lab: 8a-4p Ceramics: 10am <u>CLASSES</u>
Gym: daily 8a-4p	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p <u>EXERCISE</u>
	The Four Tune O's 1st & 3rd Tues 11:30a	Melody Five at 11:30a	Sing Along 2nd & 4th Thurs.	<u>MUSIC</u>

Hill Air Force Base

Hill Aerospace Museum

April 13, 2013

\$10.00 per person (transportation only)

Stop for lunch (lunch will be on your own)

Bring a snack

Leaving at 8:00am from the center



Call the Center to sign up

Dearest East Carbon Seniors,

Well here we are in March and I keep staring at the ground waiting for the crocus and tulips to start breaking through. I guess I have a case of spring fever. I can't wait to be able to start working the ground for my garden and posies.

What a great group we had for Valentine's Day Lunch. Many returning faces which we have missed. Our raffle winner of the lap afghan was Betsy Hadden, enjoy the afghan! Bessie Pressett was the winner of our surprise drawing, 2 tickets to the Price Theater. Have fun Bessie.

We also have a variety of trips being offered, I have reserved a spot on the Glenwood Springs Train Trip this fall. There are a number of short and longer trips so there should be something for everyone. These trips will be announced in the newsletter or you can call the Price Center.

Line dancing is now @ 9am on Wednesdays and our movie will be once a month on the 4th Wednesday.

All systems are go on Mondays with ceramics @ 10 a.m. It is great to see so many here for our activities, our rooms are full of laughter and fun on a daily basis. If you're interested come in and join us. You may find your true inner artist. And speaking of artist we will be offering a watercolor class beginning in April for 6 weeks; all items will be furnished for a fee of \$40.00. Your instructor, Jan Fowler, is a professional artist, is well known in the area and is currently instructing a class in Price. This is an opportunity we do not want to pass up.

Bonnie

May love & laughter light your days, & warm your heart & home. May good & faithful friends be yours, wherever you may roam. May peace & plenty bless your world with joy that long endures. May all life's passing seasons bring the best to you & yours!

Happy St. Patrick's Day!

Daylight Saving Time Begins

March 10th

Page 7

(set clocks ahead one hour)

Brain Teasers

1.	IF-LAND IF-IF-C	9.	BIRD
2.	##### WEIGHT	10.	FOOT
3.	Cut Cut Cut Cut	11.	PANTS PANTS
4.	_____it	12.	SHACRYME
5.	PAWALKRK	13.	DAYDAYOUT
6.	Thought An	14.	XQQQQME
7.	FLUBADENCE	15.	LANG4UAGE
8.	Bana na	16.	GO IT IT IT IT

1. one if by land. Two if by sea
2. 10lbs over weight
3. A cut above the rest
4. Blanket
5. A short walk in the park
6. An after thought
7. Bad influence
8. Banana split
9. Big bird
10. Big foot
11. A pair of pants
12. Crying shame
13. Day in, day out
14. Excuse me
15. Foreign language
16. go four it



Tour Includes:

Airfare from Salt Lake City to San Antonio (one way)

Escorted sightseeing by luxury motor coach from New Orleans back to Utah

Professional, experienced Webb Tours Director throughout

Excellent accommodations that are well located (including the Drury Riverwalk Hotel)

15 delicious meals including famous Casa Rio

An impressive list of places to visit including:

- New Orleans (with Swamp Tour, Plantation, French Quarter and more)
- San Antonio (River Walk, Alamo, Boat Tour)
- Houston (Space Center), Carlsbad Caverns, Roswell, New Mexico, Santa Fe, Pagosa Springs
- Evening and morning launch at the Balloon Fiesta in Albuquerque
- Lots of surprises

Tips for baggage handling, taxes and hotel gratuities except gratuity to your driver and local guides



Charming Jackson Square in New Orleans

New Orleans, San Antonio, Balloon Festival & More!

(Fly Out and Bus Back!)

October 3-13, 2013



San Antonio's Famous River Walk

Featuring an interesting journey through Louisiana, Texas, New Mexico, Colorado & Utah!

Pricing Information

(Prices are per person based on number of persons sharing a hotel room)*

Two in a Room.....	\$1,790 + air
Three in a Room.....	\$1,690 + air
Four in a Room.....	\$1,620 + air
One in a Room.....	\$2,390 + air

Air will be arranged in the spring of 2013. Estimated cost is approximately \$200 per person.

This tour has it all... history, scenery, fun, entertainment, delicious food, delightful places for browsing, the San Antonio River Walk, the French Quarter in New Orleans, the Carlsbad Caverns, the world famous Balloon Fiesta and much more. We'll fly to New Orleans and make our way back by motor coach. If you're looking for a fun, fall getaway... we think you've found it!

To register for the tour, call us at 278-3101 or 800-658-8519... OR go online to Webbtours.com and download our reservation form. The brochure is available online.

There is much to see between here and New Orleans: Lovely landscapes, interesting cities, fun festivals, unique activities and more. On this trip, we will **FLY** to New Orleans, Louisiana and casually make our way back to the west enjoying many interesting places along the way. A tour director will be along to ensure that all goes smoothly. And we have designed the itinerary so that you can enjoy two nights in four different places: New Orleans, Houston, San Antonio and Carlsbad, New Mexico. So take a look. The detailed itinerary below covers all of the pertinent details. And it's a perfect time to be in the south as temperatures are pleasant crowds are small... so put this one on the calendar and we promise to show you a great time.

Daily Itinerary:

October 3: This morning we board our flight to **New Orleans**, Louisiana on Southwest Airlines, arriving around 4:00 local time. Our coach will meet us and take us into the city. After checking into our hotel in a nearby suburb, we'll take you into the heart of New Orleans for a welcome dinner at **Ralph & Kakoos** in the intriguing French Quarter. **D**

October 4: This morning we'll enjoy a locally guided tour showcasing several unique sites of the city including the **French Quarter, Jackson Square, Lake Pontchartrain, the Mississippi River**, the fascinating cemetery (you'll see) and much more. You'll then have some time on your own in the charming French Market to get a little lunch, stroll around the French Quarter and take in the atmosphere. We'll then drive about 45 minutes east of town into the heart of the **Louisiana Bayous** and enjoy a narrated **Swamp Tour** aboard a private boat. We glide down the river, meander through the stately Cypress Trees (growing out of the swamps) and some alligators which we always see along the way. We then return to our hotel to relax. **B**

October 5: Today we depart New Orleans and drive an hour north to the **Baton Rouge** area. This is home to some of the finest plantations in the south. We will spend a couple of hours at the **Oak Alley Plantation** and its sprawling grounds on the Mississippi River. After lunch, we'll begin our journey west. We will drive to Houston this afternoon, arriving around 7:00 PM. We'll enjoy **two nights in Houston**. **B**

October 6: Welcome to Houston. This morning we'll enjoy an interesting tour of the **Johnson Space Center**, home to Mission Control. All space flights from the Apollo missions to the Space Shuttle missions were monitored from here and it is a fascinating place to visit. You can also go inside one of the Space Shuttles. We then drive 6 miles over to a place called the **Kemah Boardwalk** which is a sprawling complex of shops and restaurants and amusements along the shores of the Gulf of Mexico. It is a fun place to stroll, get some lunch and do some browsing. We'll show you a couple of things in downtown Houston before returning to our hotel to enjoy dinner together tonight. **B, D**

October 7: It's a three hour drive over to **San Antonio** and we'll take the scenic route in via the Texas "Hill Country". Our lunch stop is in the interesting town **Fredericksburg**, settled by brave German pioneers in the mid-1800's. You'll have some time for lunch and shopping on your own along Main Street in this quaint little town. We then continue on to San Antonio arriving in the late afternoon. We'll check into our **River Walk hotel** and you'll have some time to explore this unique urban masterpiece. We'll enjoy dinner tonight on the most famous restaurant on the river: **Casa Rio**. This sits on land first granted by the king of Spain in 1777. You'll love the cedar doors, window lintels, fireplace and thick rock walls. After dinner you'll have time on your own to wander the lovely paths along the river. **B, D**

October 8: This morning a boat will take us on a pleasant ride along the canals of the River Walk which is shaded by towering cypress, oak, and willow trees, and is bordered by gardens of flowering ornamental plants. The San Antonio River Walk is simply one of the most beautifully designed and pleasantly landscaped urban scenes in any American city. That sounds dramatic, but you'll see what we mean when you visit. After lunch, we'll see an exceptional **IMAX film entitled Alamo... The Price of Freedom** where we'll learn of the interesting struggle for Texas independence. . We'll then visit the nearby Alamo, where

we'll have a guided walking tour of the grounds. It is an interesting part of Texas history and you'll learn much that you didn't know during our time here. You have free time this evening to stroll along the River Walk, enjoy a nice dinner and take in the beauty one last time. Our hotel is within walking distance of all of it. **B**

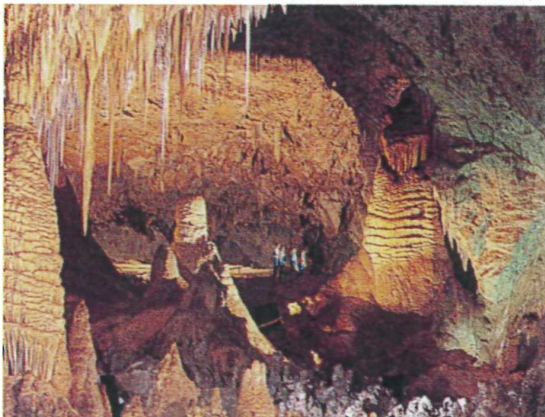
October 9: After breakfast this morning, we continue our westward journey. Today is a drive day as we make our way across central Texas. We'll enjoy the scenery, watch a DVD or two and relax as we cross from Texas into New Mexico arriving at our hotel around 6:00. We will spend two nights in the Carlsbad area. **B**

October 10: Today is another interesting day. We'll spend the morning at the world-famous **Carlsbad Caverns**. In one relatively small area under the deserts of southern New Mexico, there are 117 known caves – all formed when sulfuric acid dissolved the surrounding limestone, and what an interesting place it left behind! We'll enjoy a guided walking tour of the **King's Palace** and spend time in the **Big Room**. This is a place you have to see to believe and well worth the effort to get here to visit. We'll take our time. After lunch, we'll drive an hour north to Roswell, New Mexico and if you go to Roswell, you have to see the **UFO Museum and Research Center**. Whether you believe or not, it is a fascinating place to visit. We'll stay at the same hotel again tonight. **B, D**

October 11: We continue north this morning to Albuquerque. We arrive at lunchtime where you'll have a chance to eat and browse in the interesting "**Old Town**". We will then check into our hotel and rest for an hour. We have a later afternoon ride on the **Sandia Mountain Tram** with breathtaking views at the top of the mountain. We then visit the first of two events at the **Balloon Fiesta**. It's called the **Special Shape Glowdeo**. Hot-air balloons of all different shapes "glow" against the night sky creating a unique view. A spectacular fireworks display follows the ascension at 8:00 PM. **B**

October 12: The **Balloon Fiesta** dates back to 1972 when 13 balloons lifted off from downtown Albuquerque. Nobody had any idea what it would become. 41 years later, more than **900 balloons** take to the sky in what has become a magnificent spectacle. We'll arise early this morning and take a short drive to the launching area. It is a fair-like atmosphere with lots of activity going on while we await the launches (in a warm, heated tent by the way). This morning we witness what has become, by far, the most popular event: **The Balloon Shapes Launch and Mass Ascension**. Hundreds of balloons of all different shapes and sizes take to the air. Have your camera ready! As the morning launch concludes, we'll continue our journey north making a stop to enjoy lunch in the Main Square of old **Santa Fe** before continuing to Pagosa Springs, Colorado for the evening. **B, L**

October 13: Today our journey takes us through Durango, Colorado into Moab where we'll enjoy lunch. We then continue to Carbon County and Salt Lake City as the tour concludes. **B**



Carlsbad Caverns



Albuquerque Balloon Fiesta

Registration Information:

To make a reservation, simply **fill out the attached reservation form and send it to us with a deposit of \$300 per person**. When we receive your deposit, we will mail you a receipt confirming that you are registered for the tour. A letter with instructions, hotel itinerary flight information (if applicable) and luggage tags will be sent 45-60 days prior to departure at which time the balance will be due. You do not need to pay the balance until after you receive that packet. We require final payments in the form of a check. If that is not possible, arrangements can be made to use a credit card. Webb Tours accepts Visa, Mastercard and Discover.

Cancellation Penalties

We understand that you may need to cancel your trip for whatever reason. If it is 60 days or more before departure, all money will be refunded. If it is within 60 days, we will charge you only what Webb Tours cannot recover. In some cases, we can recover all of it. In others, we cannot. Cruise lines, airlines, hotels and other service providers require funds in advance and have their own rules about what will be refunded once paid. We must follow their guidelines. For airlines, specifically, tickets are generally non refundable when purchased. However, most airlines will allow the value of the canceled tickets to be reused for future travel, though a penalty may be assessed to reuse the tickets. If you have to cancel, Webb Tours will work with other providers to obtain as much refund as possible for our travelers. Our travelers know us to be very fair in this regard.

Cancellation Insurance:

Cancellation insurance is also available should you be interested. The insurance provider that we use is a company called Travelex. You can learn about them at www.travelexinsurance.com. With this insurance, most of your money will be returned to you in case you have to cancel for covered reasons (illness or death of an immediate family member) at the last minute. The price for the insurance varies based on the price of the trip and the age of the participant (at the time the insurance is purchased). Prices are as follows:

Trip Cost	Ages 0-34	Ages 35-60	Ages 61-70	Ages 71-75	Ages 76-80	Ages 81+
\$1,000-\$1,500	\$64	\$78	\$84	\$105	\$150	\$229
\$1,501-\$2,000	\$81	\$100	\$108	\$140	\$198	\$291
\$2,001-\$2,500	\$102	\$122	\$131	\$170	\$242	\$355
\$2,501-\$3,000	\$121	\$142	\$154	\$201	\$288	\$418
\$3,001-\$3,500	\$139	\$156	\$168	\$231	\$330	\$484
\$3,501-\$4,000	\$157	\$167	\$181	\$262	\$380	\$570
\$4,001-\$4,500	\$173	\$188	\$204	\$317	\$425	\$633
\$4,501-\$5,000	\$192	\$209	\$237	\$356	\$470	\$713

If you are interested in the insurance, it is best to purchase it when your deposit is made as all preexisting conditions are waived. However, insurance may be purchased any time up to the point you make your final payment. Insurance cannot be purchased after your final payment is made. Webb Tours is not the insurer and acts as agent for Travelex. To activate your insurance, we need your premium and your birth date. **Insurance also includes trip interruption coverage (if you have to leave the tour early), \$500,000 medical evacuation, \$50,000 in medical benefits, \$1,000 for lost baggage and \$250 for baggage delay.**

Mail deposit and enclosed reservation form to:

WEBB TOURS
 2378 Evergreen Avenue
 Salt Lake City, UT 84109
 Tel. (801) 278-3101
 or Toll Free 1-800-658-8519

Or call us and register over the phone. We hope you can join us.

Enrollment: To register for the **Fly to New Orleans and Bus Back'' Tour**, simply fill out the reservation form below and return it to us with your deposit in the amount of \$300 per person. When we receive your deposit, we will send you a receipt. Please send deposit and form to:

Webb Tours
2378 Evergreen Avenue
Salt Lake City, UT 84109
278-3101 or 1-800-658-8519

Reservation Form

October 3-13, 2013 –New Orleans, San Antonio, Balloon Fiesta and More!

Name: (exactly as it is on your license, including middle name or initial): _____

Preferred Name (If different): _____

Address: _____

Home Telephone: _____ Cell Phone: _____

Exact name of spouse or room mate(s): _____

Preferred name of room mate (if different) _____

Hotel Accommodations:

- _____ Double (2 to a room)
- _____ Triple (3 to room)
- _____ Quad (4 to room)
- _____ Single (1 to a room)

Birth Date(s) _____

Air Departure City (if other than Salt Lake City): _____

Email Address: _____

Would you like trip cancellation/interruption insurance? ____Yes ____No ____ I'll decide later
 (See attached registration details for prices)

We assume non-smoking rooms unless you specify otherwise

If you are traveling with other people, list their names so that we can provide you with adjacent hotel rooms:

Yard Sale

Saturday

May 4, 2013

8:00a.m. to 2:00 p.m.

Carbon County Senior Activities Center

450 S. Fairgrounds Way, Price

If you have anything to
donate to the center please bring it in.

Call for more info 636-3202

Call if you need us to pick items up in the

Carbon County Area

Homemade Crafts ~ Baked Goods

Yard Sale Items ~

Chili & Bread Stix \$3.00 ~

All Proceeds go to services & activities at the center

Movie Line Up:

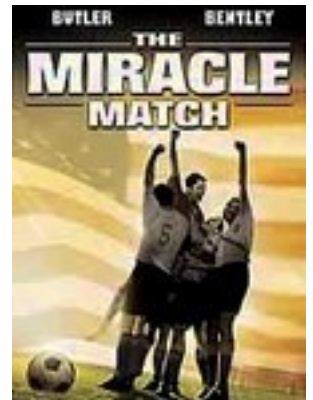
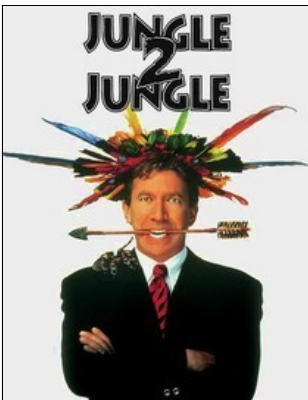
Movies are subject to change without notice

March 5th ~ Jungle 2 Jungle ~ 1997 / PG / 105 Minutes: This fish out of water comedy romp stars Tim Allen as an uptight New York City executive who pursues his soon to be ex-wife (JoBeth Williams) to South America and returns home with the son he never knew he had — a boy raised in a tribal village in Brazil. Armed with only his blowgun, the 13 year old Mimi Siku (Sam Huntington) discovers that the world outside his jungle home is indeed a strange place.

March 12th ~ Mirror Mirror ~ 2012/PG/116 Minutes: This remake of the classic Grimm tale, starring Julia Roberts as the evil Queen, is much darker than the well known animated Disney version. Snow White's team of dwarves are a shady bunch, but dedicated to helping her regain her royal throne.

March 19th ~ The Pacifier ~ 2005/PG/ 96 Minutes: A Navy Seal (Vin Diesel) who ends up as a baby sitter for a crop of unruly kids is shocked to discover that it's the hardest job he's ever had. His mission? Protect the children of a scientist who was killed while working on a top secret government project.

March 26th ~ The Miracle Match ~ 2005/PG/101 Minutes: Wes Bentley stars as Walter Bahr, the legendary American who was inducted into the Soccer Hall of Fame, in part because of his role in the history-changing 1950 World Cup match between the United States and England. The underdog Americans faced the esteemed Brits, known then as one of the best teams the sport had ever seen, in a heated match in Belo Horizonte, Brazil. In a classic David vs. Goliath scenario, the underdogs win out.



Happy St. Patrick's Day!

Dear Seniors,

March is here and the first day of Spring isn't too far off, March 20th to be exact. We are already making plans for activities and trips for 2013. The Council on Aging (consisting of seniors, community leaders and center staff members) proposed a number of small to large trips for 2013.

- New Orleans, San Antonio, Balloon Festival & More! (October 3—13)
- Train to Glenwood Springs Colorado—Play in the hot springs (September 28 & 29)
- Jersey Boys—Capital Theater (June 15)
- Hill Aerospace Museum (April 13)
- Heber Creeper (pending)
- Shakespeare Festival—Cedar City, UT (August 2 & 3)
- Payson Salmon Supper—Payson, UT (August 2)
- Lavender Festival—Mona, UT (pending)
- Tulip Festival—Thanksgiving Point (pending)

We are excited to have so many activities on the horizon. Be sure to call the center for more information. *We need to know how many are interested in the proposed trips in order for us to plan accordingly.*

Please keep in mind our annual yard sale. We've scheduled the sale for May 4th. As always we need your donations. This is the only fund raiser we have and it is always a huge success. We depend on your generous donations and have never been disappointed. So keep us in mind when you do your spring cleaning. We also welcome homemade crafts and baked goods. All proceeds go to services and activities at the center.

May God bless you!

Debby

God's Wisdom:

Each watermelon has an even number of stripes on the rind.

Each orange has an even number of segments.

Each ear of corn has an even number of rows.

Each stalk of wheat has an even number of grains.

Every bunch of bananas has on its lowest row an even number of bananas, and each row decreases by one, so that one row has an even number and the next row and odd number.

Utah Senior Legal Service

Tanta Lisa Clayton

Attorney at Law

Do you have a legal question or problem?

Utah Senior Legal Service gives legal information,
advice and referral service for Utah residents age 60 and older.

Ms. Clayton will be at the Carbon County Senior Center

Thursday March 14th

Call the center to schedule your appointment.

Receive free confidential legal advice/information on a variety of civil legal
topics including, but not limited to:

- Public benefits
- Housing
- Consumer
- Estate planning
- Elder Abuse